



2007

THE PHIL ROBINSON

**VIRGINIA NATURALLY 5K**  
8TH ANNUAL RACE  
SATURDAY, SEPTEMBER 22, 2007  
**8AM UNTIL 8:45AM REGISTRATION**  
**9AM START**

**PLACE: PONY PASTURE RAPIDS**  
ALONG THE JAMES RIVER PARK SYSTEM IN RICHMOND VA

Walkers & Teams Welcome



To register, complete form below, enclose check payable to: Virginia's Environmental Business Council (VEBC) and mail to:

Virginia's Environmental Business Council  
c/o Brenda Robinson or Elaine Sturman  
10625 Patterson Ave.  
Richmond VA 23238  
Phone: 804-740-5605

Register online by credit card at:  
[www.active.com/event\\_detail.cfm?event\\_id=1397331](http://www.active.com/event_detail.cfm?event_id=1397331)

Sponsorships and Donations, please contact  
Brenda Robinson at 804-740-5605 or [brenda.robinson@envirsol.com](mailto:brenda.robinson@envirsol.com)

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_  
Address: \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ T-Shirt Size: M \_\_\_ L \_\_\_ XL \_\_\_  
Email: \_\_\_\_\_

**(\$15 pre-registration (by September 12<sup>th</sup>)**  
**(\$20 registration (after September 12<sup>th</sup>)**

I know that running a trail race is a potential hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, trick footing in general, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release Richmond Road Runners, the City of Richmond, VEBC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on a leash, skippy material are allowed on the course. In addition I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

**SIGNATURE :**

\_\_\_\_\_  
/( if under 18 years of age parent or guardian Sign here)